

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (Currently Amended): A spring hinge for spectacles, comprising a hinge part which is held in a displaceable manner in the longitudinal direction of a temple in a housing on the temple side, a fixture which projects from the hinge part in the direction of displacement, engages in an opening in the housing and comprises a fixture rod and a transversal bar at the end of the fixture rod, and two helical springs which are provided laterally adjacent to the fixture rod, are parallel thereto and rest with their end at a hinge side on an abutment associated with the housing and with their opposite end on the transversal bar of the fixture, wherein each of the two helical springs (10) is axially inserted separately into a respective one of two separate cylindrical housing bore bores (9) each of the two separate cylindrical housing bores being open towards the housing opening (5) for the fixture rod (7) and each of the two separate cylindrical housing bores extending up to a face side of the housing on the hinge side for receiving a respective one of the two helical springs after the housing is attached to the temple,

and wherein each of the two separate cylindrical housing bores (9) ~~each receive~~ receives a respective one of two locking element elements (11), each forming the abutment for a respective one of the two helical spring springs.

Claim 2 (Previously Presented): A spring hinge according to claim 1, wherein the locking elements (11) are screwed into the housing bores (9).